

Nyssa Gate City Journal

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National Hospital Week

Some of us fail to realize that hospitals do more than care for us when we're sick. They provide health education information and patient education programs that can help us maintain our health or that can assist us in dealing more effectively with ongoing health problems. In return, each of us has a responsibility to take advantage of the health information available, and to do what is necessary to stay healthy.

During the week of May 9-15, Malheur Memorial Hospital will be joining with the nation's 7,000 hospitals, and the American Hospital Association in the observance of National Hospital Week. In this period of bicentennial awareness, this year's National Hospital Week theme, "Healthy Birthday, America!" seems altogether fitting and appropriate. We can take pride in the quality of health care services in our community and in our nation. Yet during this celebration, Malheur Memorial Hospital hopes to do more than highlight our upcoming birthday observance and its many quality health care programs. During this observance, hospitals across the nation will be encouraging each American to take a moment to think about his own health.

Today, many health care experts are joining hospitals in suggesting that a way to improve each individual's health is to increase his awareness of what he can do to improve or stabilize his own state of health. Health economist Victor Fuchs writes in his new book, *Who Shall Live?*, "The greatest current potential for improving the health of the American people is to be found in what they do and don't do to and for themselves. Individual decisions about diet, exercise and smoking are of critical importance..."

Supporting Mr. Fuchs' contention, recent studies have shown that life expectancy and better health care are significantly related to a number of basic individual habits including: three meals a day at regular times, breakfast every day, moderate exercise, seven or eight hours of sleep each night, no smoking, maintenance of a moderate weight level, and no alcohol or alcohol in moderation.

Accordingly, during this year's National Hospital Week, Malheur Memorial is urging you to think about your own health. Think about participating in the health education or health screening programs offered through your hospitals and your community, and think about contributing to your own well being by adopting a more health-conscious life style.

Working together, you and your community hospital can help guarantee that all of America's future birthdays will be healthy ones, and that you will be there to share them.

Gladys Newbill, President
 Malheur Memorial Hospital Auxiliary

PROCLAMATION

1976 National Hospital Week

WHEREAS: May 9-15, 1976, has been designated National Hospital Week; and

WHEREAS: The nation's 7,000 hospitals will be joining together during this week to proclaim:

Healthy Birthday, America!

and;

WHEREAS: The City of Nyssa wishes to recognize the contributions which Malheur Memorial Hospital and its employees have made to maintaining and improving the health care of all citizens of this City;

NOW THEREFORE: I Donald L. Oldemeyer, Mayor of the City of Nyssa, do hereby proclaim the week of May 9 through 15, 1976, as National Hospital Week in Nyssa and urge that all citizens and all community organizations join in the observance.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Nyssa to be affixed, this 29 day of April, 1976.

/s/ Donald L. Oldemeyer
 Mayor



The Light Touch

By Ernie Metcalf

Money used to burn a hole in your pocket. Now it doesn't even have a chance to work up a sweat.

Anyone can prove he has good judgment by simply declaring that you have.

The number of blasts that come from car horns in a traffic jam is equal to the total of the squares at the wheels.

A little learning is a dangerous thing. Ask any kid who's just brought home a bad report card.

This month sure matches the situation nowadays. Mayday! Mayday!

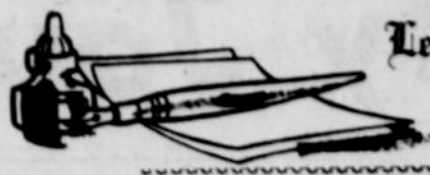
Help is on the way at Nyssa Co-op Supply. See us for all your lawn and garden needs.



Where the customer is the company

Nyssa Co-op Supply

18 N. 2nd Nyssa, Oregon 372-2254



Letters to the Editor

Editor, The Journal:

We want to take this opportunity to congratulate the residents of the Adrian and Roswell communities on their selection of a new minister. You have made a wise choice of Bob and Kathleen Ball, and we know you will soon love them as we have for five years.

It was not the choice of our congregation for them to leave us, but Bob felt he had been here long enough and felt we should have a change. They are sincere, devoted people and you will always find them doing more than their extra mile in giving of themselves.

We lived in Nyssa for seven years and know there are many fine people in that area so feel you will give them a big welcome. We bid them a tearful farewell and send them to you with our love.

Dick and Bobbie Miller and family
 Members of Gateway Presbyterian Church,
 The Dalles, Oregon.

Editor, The Journal:

The reasons why the Juvenile Advisory Council unanimously recommended that the youth of Malheur County cited for traffic violations be handled by the Juvenile Department rather than the Justice of The Peace was because: first, with youth repeated traffic violations are usually indications of other troubles, or possible other troubles in the making, and they could receive help before this happened in some cases.

Second, To give the youth a more uniform treatment with their traffic violations than could be done in the several justice of the peace courts.

Further it is found that the traffic violations take up only 15% or less of juvenile delinquencies.

Sincerely,
 Dellen Erickson, Chairman
 Malheur County
 Juvenile Advisory Council

Editor, The Journal:

All Democrats who read the Gate City Journal will, I'm sure, be interested in knowing that the leading Democratic Presidential Candidate J. Carter favors Nationalized Medical Care.

Speaking before the Student National Medical Assoc. April 16, 1976, in Wash. (D.C.), Carter criticized our medical system as being inefficient, un-sound, undirected, etc. He says that the system has left us both "unhealthy and unwealthy". He said that, "as president, I would want to give our people the most rapid improvement in individual health care the nation can afford, accommodating first those who need it most, with the understanding that it will be a comprehensive program in the end."

Under Carter's proposal, which would be phased in over a period of four years and which all Americans would be required to join, the Federal Government would set doctor's fees and impose controls to monitor the cost and quality of medical care. This mandatory health care program would be financed through employer and employee payroll taxes as well as general tax revenues.

Yours truly,
 Joseph Seward,
 Nyssa, Oregon

VFW To Meet

The Veterans of Foreign Wars will meet Thursday, May 6 (tonight) at 8 p.m. at The Trading Post, 102 Main. State Commander Bill Beau-doin will be present.

All members are urged to attend and any veteran wishing to join may do so at this meeting.

Ladies Attend ADK Convention

Mrs. Ruth Shaw of Nampa, Idaho; Mrs. Beth Magrini of Ontario; Mrs. Barbara Carneff of Fruitland; and Miss Emma Snyder of Nyssa attended the Alpha Delta Kappa Sorority State Convention at Medford, April 23 and 24. This was the nineteenth State Convention for Alpha Delta Kappa Sorority.

Editor, The Journal:

We of Brownies Cafe wish to express our sincere appreciation to the many who made our band dinner a success last Sunday. Without receiving a final tally as yet, it appears that the dinner brought in over \$1,000 to help finance the band's trip to Disneyland.

Thanks to M & W Market, Lewis Spencer, Dorothy Parker, Irma Scott, Maggie Soliz, Juanita Soliz, Mary Lou Soliz, Aurora Soliz, Bob Lantz, and Glenda Barnes.

Our special thanks to our employees who put in so many hours, and they are Ann Atherton, Steve Wallace, Helen Wallace, Sue Fletcher, Mary Wallace, Ruby Long and Mary Leigh. Sincerely,
 Mel & Reba

Editor, The Journal:

The Disneyland trip fund is now over \$6400.00 with about \$1200 left to raise. The Community of Nyssa is really behind the band and pushing us to victory. A special surge of gratitude is due to Mr. and Mrs. Fisher, who donated their time, food, cafe, and services (Brownie's Buffet) which raised about \$1000. Really a fantastic contribution for which the whole band is grateful.

Sincerely,
 Ralph Werner, Director
 Nyssa High School Band

OBITUARIES

Shirley Rex Mitchell

Services for Shirley Rex Mitchell, 73, of 190 South Locust Grove Road, Meridian who died Saturday, May 1, 1976 at home, were conducted Tuesday at Relyea Chapel by Bishop Victor Barfuss of the Meridian First Ward Church of Jesus Christ of Latter-day Saints. Interment was in Preston, Idaho, Wednesday, May 5 at 10 a.m.

He was born January 25, 1903, in Vernal, Utah. He attended school in Bennett, Utah, and served in the U. S. Marine Corps from 1920-22. He married Reba Stocks July 2, 1926, in Logan Utah. The marriage later was solemnized July 11, 1956 at the Logan Temple. He farmed in Preston and in 1943 moved to the Vale-Nyssa area where he farmed. He worked for the amalgamated Sugar Company in Nyssa until retiring in 1968. He moved to Meridian in January, 1976.

Surviving are his wife, Meridian; three sons, Rex H., Madras, Oregon, Jay M., Portland, and Voyne S., of Miles City, Montana; four daughters, Mrs. Nathan (Connie) West, Meridian, Mrs. Wayman (Eula) Sinden, Walla Walla, Wash., Mrs. Dale (Valene) Dalley, Rupert, and Mrs. Dennis (Junia) Kearns, Utah; five brothers, Morgan B. and Bentley, both Vale, Arzie R., Fairview, Utah, Harry, Pleasant Grove, Utah, and Clarence, Emmett; a sister, Mrs. Ruth Boyer, Ohio and 30 grandchildren.

Fred Pullen

Funeral service arrangements for Fred Pullen of Ontario were pending at the Lienkaemper Chapel in Nyssa at Journal presstime Wednesday.

Mr. Pullen, 70, a long-time resident of Nyssa succumbed at the Presbyterian Nursing Home in Ontario Wednesday morning May 5, 1976.

AAUW To Hold Membership Meet

The Ontario Branch of AAUW is holding a "Membership Meeting" May 10, 7:30 p.m. at St. Mathews Episcopal Church in Ontario for the purpose of greeting prospective members. All interested eligible women are encouraged to attend. Women who are graduates of an accredited school of higher education are eligible for membership.

The program includes "That Was the Year That Was" and "Community Based Education in the Future." For further information call 473-3241 or 889-8858 (after 5).

Meals On Wheels A Reality

The Nyssa Ministerial Association in cooperation with the Malheur County Information and Referral Service and the Malheur Memorial Hospital, is pleased to announce that the Meals on Wheels program has begun in Nyssa.

The meals are prepared at the hospital and volunteers deliver the hot meals to those who request them. Having the meals prepared by the hospital means that even special diets can be accommodated for those who require them. It is the noon meal that is provided and this service is five days a week, Monday through Friday.

The advantages of the Meals on Wheels program are many, not only does it provide the home bound person with good, hot, nutritious meals but this service also might allow certain individuals to remain in their homes who otherwise would need to live in a nursing home, plus the fact that the senior citizens or homebound

persons will have contact five days a week by the persons delivering the meals, which is an important factor to senior citizens.

The Meals on Wheels program is not limited only to senior citizens but to any persons who for some reason have difficulty preparing nutritious meals for themselves. The meals are presently being delivered by volunteers from local churches, but we are looking for more volunteers.

For more information, concerning receiving the meals or to help with delivering the meals, call the Malheur County Information and Referral Service at 889-7651 or Pastor Schmidt at 372-3331.

FAITH LUTHERAN CHURCH NOTES

Thursday, May 6 - Confirmation class 6:30 p.m. Inquirers class, 8 p.m.

Saturday, May 8 - Mother Daughter potluck luncheon at the church 12:30 noon. Pairs and Spares adult fellowship at Harold and Trudy Kassmans, 7:30 p.m.

Sunday, May 9 - Sunday school 9:45 a.m. Worship service, 11 a.m.

Wednesday, May 12 - Choir rehearsal, 6:30 p.m. Meeting of those involved with the parish picture directory, 8 p.m.

Choir To Present "By My Spirit"

A choral presentation entitled "Be My Spirit" will be given by the Sanctuary Choir of the Nyssa Church of the Nazarene. The work includes arrangements of some familiar hymns and some new songs on the theme of God's Holy Spirit. Two soloists will be featured and the entire work will be performed with full orchestral accompaniment.

Everyone is invited to come and enjoy this musical on Sunday, May 9, at 7:30 p.m. at the Nyssa Church of the Nazarene located at 412 Good Avenue.

United Methodist Church News

The United Methodist Church and the Rev. Jim Monroe welcomes you to all church activities.

Thursday, May 6 - General meeting of the United Methodist Women's Society, 2 p.m.

Saturday, May 8 - Acolyte Training, 11 a.m.

Sunday, May 9 - Prayer Service at the church 9 a.m.

Worship Service - Special worship service celebrating the Christian home. "Home Different From A House," message by the Rev. Monroe

Tuesday, May 11 - Religion in America, 4 p.m.

Wednesday, May 12 - Committee Meetings, 7 p.m. Administration Board, 8 p.m.

Thursday, Friday, May 13-14 - Missions Experience 6:30 p.m.

Saturday, May 15 - Missions Experience, 9:30 a.m. to 12 noon.



The OMNIPHONIC SINGERS, a specialty group within the Treasure Valley Community college Concert choir returned with the full choir for a home concert in April.

Floor level: Denise Hopper, Art Obendorf, Tonya Norris, Dan Greif, Heidi Kennington, and Ken Eden.
 Stairs: Director, Dick Dalzell, Kathy Ward, Vernon Ball, Ruth Stephen, Dave Weathers, Agnes Zueger, Jim White, and Judy Thoren.

Photo by John Fallihee.

Nyssa Ministerial Association Meets

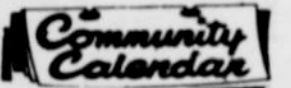
The Nyssa Ministerial Association met at the Faith Lutheran Church, Tuesday, April 20. The body of Nyssa-area ministers discussed two major issues: a Meal-on-Wheels program and membership in the Ministerial Association.

Sue Cox and Nancy Dunham, from Malheur Council on Aging, met with the group during the first half of the meeting. They helped lead a discussion on the Meal-On-Wheels program possibilities for our city. It was decided that the churches and the Association would help the Council on Aging sponsor a hot meal program to begin May 3. Different congregations are asked to accept responsibility for one month's delivery. The Nazarene Church volunteered for the month of May, with Faith Lutheran taking June, and other congregations to follow. Any interested people, either starting on the program or in volunteering their help, are asked to contact their pastors.

The second item of business was the membership

policy of the Nyssa Ministerial Association. It was reaffirmed that all pastors in the Nyssa area are invited to participate in the activities of the Association. All projects are non-denominational in nature; such as Meals-on-Wheels, hospital visitation, nursing home worship services, etc. All members present felt such a policy of openness and inclusion to be in the best interests of the community and within the framework of Christian fellowship.

The next meeting will be Tuesday, May 11, at the Episcopal Church at 7:30 a.m.



Thursday, May 6 - VFW Meeting, Trading Post 102 Main, Nyssa, 8 p.m.

Friday, May 7 - Golden Age rummage Sale, Old Western Hotel, 9:30 a.m. to 5 p.m.

Rummage Sale, St. Paul's Church basement 505 Bower Avenue 10 a.m. to 5 p.m.

Friendship Club Mother's Day potluck luncheon, Bring covered dish, table service, IOOF Hall 1 p.m.

Saturday, May 8 - Golden Age Rummage Sale, Old Western Hotel, 9:30 a.m. to 5 p.m.

Rummage Sale, St. Paul's Church basement 505 Bower Avenue 10 a.m. to 5 p.m.

Monday, May 10 - Golden Rule Lodge #147, AF&AM, Masonic Hall, 8 p.m.

Tuesday, May 11 - Yellow Rose Rebekah Lodge, IOOF Hall, 8 p.m.

Wednesday, May 12 - Nyssa Senior Citizens, Clubhouse on Bower Avenue, potluck, 10:30 a.m.

Rummage Sale

St. Paul's Episcopal Church will hold a rummage sale in the church basement, 505 Bower Avenue, Friday, May 7 and Saturday, May 8 from 10 a.m. to 5 p.m.

CARD OF THANKS

We wish to thank the Nyssa Volunteer Fire Department for their quick and efficient action in putting out our fire last week.

Sincerely,
 Mr. and Mrs. Charles Belveal

ADRIAN Business Directory

Fire Dept., 503-372-2220
 St. Police, 503-889-6468

Adrian Mercantile
 Phone 372-2727
 or 724-6131

Adrian Oil Company
 Phone 372-2877
 or 724-6130

Bea's Beauty Bar
 Phone 372-2653

Callahan Repair Service
 Wrecker Service
 Phone 372-3213

Ross Corn
 Phone Nyssa 372-2383
 Or (503) 724-6164

Freel Brothers Trucking
 Commodity & Livestock
 Phone 372-2736

Martin's Market & Adrian Supply
 Phone 372-2722

Mirage Cafe & Lounge
 Live music Sat. night
 Phone 372-2338

Parker Lumber & Hrdwre.
 Phone 372-3422
 or 724-6174

Stephen Plumbing
 Oregon & Idaho licensed
 Phone 503-372-2783

Van DeWater Leveling
 Phone 372-2562

Webb Service Garage
 Phone 372-2464

Knowledge, Wisdom Experience

that's what counts when individual and property rights are brought before the court.

It makes good sense to:

Re-Elect Jeff Dorroh Circuit Judge



Jeff Dorroh, Attorney at Law, 1000 Main Street, Nyssa, Oregon. Phone 372-2464.